

Allan's Story

Operation Calais

The Big 50% Sale Day

Abbey Sleep Out

The Rucksack Project

A Gardener's World

Follow us Online

Companion Art

Dates for your Diary

Contact Us

Companion Art

A selection of art works drawn and painted by our very talented companions.



Dates for your Diary

- 5th Dec - Sponsored Sleep-out
- 6th Dec - 50% Sale Day
- 7th Dec: - Barnet Christmas Fayre
- 19th Dec - Rucksack Appeal

Contact Us

Emmaus St Albans
Hill End Lane
St Albans
Hertfordshire
AL 4 0FE

Tel: 01727 817 294
community@emmausstalbars.eu

Charity No. 1073808
Company No. 3692409

Shops

- St Albans: 01727 817 297
- Hemel: 01442 215 755
- Batford: 01582 469 564
- Hertford: 01992 504 485
- Barnet: 0208 440 8342



emmaus St Albans

Allan's Story



I always dreamed of being different, but somehow I lacked the drive to actually stand up and do the hard work to get me there. I was always looking for a short cut and I got distracted along the way – by other people, by the easy path – and most of all, by alcohol.

However, since being at Emmaus I have discovered joy in the simple things. I usually work in the kitchen, producing the community meals. I hated it at first, but gradually I took pride in what I was producing. I could never bake before, and recently I made my first cake.

I'm from Uganda, originally. I came to the UK when I was 17, to join my mum and brothers. Unfortunately, she had

been gone a while, leaving me in the care of my grandma. I ran wild in Uganda when my mum left, drinking and getting in with a bad crowd, my gran didn't know what I was up to. Foolishly, I brought my bad habits with me to the UK, instead of taking the opportunity for a fresh start. I thought I was too good for a traditional lifestyle – that I should be doing something original like writing songs or breaking into the rap scene. Instead, I took menial jobs and was in and out of police cells.

When I ran out of places to live, I took advantage of my mum's hospitality, until finally even she couldn't stand it any more. She told me to leave and not come back until I had stopped drinking. I was very afraid. I had been hiding behind alcohol for so many years.

At Emmaus Glasgow I started to get help. I finally knew what I had to do, but it was hard and I relapsed. I screwed up my courage and applied again, to Emmaus St Albans. The

case workers could see I had a serious problem with drink, and they asked for a serious commitment from me to give up once and for all. At first, I felt like I was a kid – with people constantly checking up on me – but after a time I realised that this was a safety net: people I could talk to, people I could rely on.

At last, the future is no longer a scary place. I feel like I am being fine-tuned every day. I am bold enough to face whatever comes at me and do the right thing. I'm thinking about my past and my future.

I used to wake up every day wishing I was dead. I felt like a waste of time and space. But I have seen first hand here at Emmaus the way that the things people consider rubbish can be brought back to life. I intend to study hard, and gain qualifications in waste management. I want to turn all the trouble I caused, all those lost years, into something worthwhile.

Operation Calais



Emmaus is providing humanitarian aid to the 2500 migrants in the Pas de Calais area of northern France. Since the clearance of the Sangatte centre migrants have been dispersed and are now spread in over 20 smaller buildings, and hundreds are camping in the surrounding countryside.

We are planning to take a van load of

essential items from St Albans regularly throughout the coming winter and welcome contributions of the following items to any of our shop collection points:

tents, tarpaulins, sleeping bags, blankets, toothbrushes, toothpaste, soap, sanitary towels, and hygiene related products, wellies, winter jackets and warm clothing

Whatever the political rights (or wrongs) may be, the Emmaus ethos of helping others less fortunate than you is the key behind this humanitarian aid. Please help.



Our annual ½ Price Christmas sale will be held this Saturday, 6th December, 2014 in our St Albans, Batford, Hemel and Hertford shops. Join us to grab yourself a bargain before the Christmas rush.

Our shop in Barnet will not be part of Saturday's sale, but will instead be taking part in Barnet's Christmas Fayre on Sunday 7th December.

Abbey Sleep Out

On Friday 5th December we will have our annual Sponsored Sleep Out at St Albans Abbey to raise money and awareness for homelessness charities in Hertfordshire.

A team of companions, staff, and friends of Emmaus, will be braving the elements for the third year running.

Companion Rob, who took part last year, said: "It was great fun last year...I'm really looking forward to doing it again this year."

If you'd like to sponsor our companions, please contact your nearest shop.

The Rucksack Project @ Christmas



We are looking for donations of rucksacks, sleeping bags, winter coats, gloves, hats, scarves, tinned or dried food, and any other little treats to give as a Christmas gift.

Companion Peter has been organising this year's effort along with help from

Emmaus St Albans patron, Lady Virginia Cecil, and will be collecting donated winter essentials and rucksacks to provide Christmas gifts to rough sleepers.

Last year we gave out 21 rucksacks to rough sleepers in St Albans, and hope to be able to provide even more this year round.

Donations are needed by Friday 19th December and are accepted at all our shops or at Access Self Storage in Stevenage or St Albans.

Gardener's World



Michael Mulleady, a former gardener, has been with Emmaus St Albans for a year, and has taken the lead in our garden, growing fresh vegetables for the community.

He built three large compost bins to recycle food waste and fertilise our new vegetable patch. Over the summer, we grew potatoes, tomatoes, chillies, salad leaves, parsnips, and beetroot for use in the community kitchen.

Over the winter he will be busy

maintaining the garden, weeding, pruning and propagating. A new polytunnel means that next year's tomatoes can be started as early as January.

Michael says "It's amazing how much has been done as there was nothing in the garden this time last year. It's a great opportunity for other companions to learn new skills, for us to produce our own vegetables, and to attract wildlife to our garden."

We also grew and sold flowering

plants for MacMillan Cancer Care.

Chris, who joined Emmaus in October, has been working alongside Michael and, as a former chicken keeper, his expertise has proved invaluable in looking after Emma and Maisie, the Emmaus Chickens.

Fellow companion, Rob, is currently studying Horticulture at Oaklands College and hopes to be able to put his new found skills to work in the garden.



Follow us Online

- www.emmaus.org.uk/emmaus_stalbars
- www.facebook.com/stalbansemmaus
- www.twitter.com/emmaus_stalbars
- www.pinterest.com/emmausstalbars